



Santa Clara Senior Center

NEWS

February 2012

New Year > New You

Start achieving your goal of living a healthier lifestyle. The Santa Clara Senior Center offers a variety of fun fitness classes for everyone, age 50+. See what we've got going on and join us. Registration for these classes has started. Space may be limited. If you would like more information, please contact the Senior Center at (408) 615-3170.

Jazz Dance

Tuesdays • 1:00–2:00 p.m.

Come and dance your way to a healthier you! This class focuses on improving physical health and wellness through movement. Strengthen your balance, flexibility, memorization and gross motor coordination while enjoying upbeat music. Participants will learn simple dance technique, steps, combinations and routines in a fun and supportive atmosphere. Some exercises may include the use of chairs for props while sitting and / or standing. All abilities are welcome. *Instructor – S. Van Dyne*

No Falls S.O.S.

Tuesday and Thursday • 11:00–11:30 a.m.

Register on a monthly basis; Santa Clara senior discount applies. **S**tretch, **O**bserve & **S**trengthen your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. *Instructor – S. Van Dyne*

Pilates Mat – Building the Foundation

Tuesdays and Thursdays • 7:30–8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow, exercise to exercise, in a manner that challenges, yet adapts to the needs of the participants. *Instructor – A. Strauss*

Jazzercise with Jerome!

Monday and Wednesday • 7:30–8:30 a.m.

This fun, energizing jazz program consists of cardio, strength building, & stretching moves. Modifications to each routine are offered to meet the needs & fitness levels of all participants.

Instructor – J. Flowers

Zumba Gold® with Ginger

Mondays • 10:00–10:45 a.m.

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, "fitness party." Zumba Gold® with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! *Instructor – G. Wilson*

Fitness for All

Wednesdays • 10:30–11:15 a.m.

Strengthen and tone your body to enhance overall health and physical fitness level. Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register. *Instructor – S. Van Dyne*

Tai Chi for Life!

Tuesdays & Thursdays • 8:45–9:45 a.m.

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor - L. Scheer*

Santa Clara Parks and Recreation Department

1303 Fremont St., Santa Clara, CA 95050

(408) 615-3170 • www.santaclaraca.gov • custservsrcenter@santaclaraca.gov

Monday–Friday 7:00 AM–5:00 PM • Saturday 9:00 AM–12:00 PM

(The office closes 30 minutes prior to the building)

Santa Clara



SERVICES FOR SENIORS AVAILABLE AT THE SENIOR CENTER

All numbers are area code (408) unless otherwise noted.

	Provider	Phone/Website
Bus and lightrail passes Monthly bus and light rail pass stickers for Regional Transit Discount Card.	Valley Transportation Authority	321-2300 www.vta.org
Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Council on Aging Silicon Valley	615-3170 www.santaclaraca.gov www.coasiliconvalley.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure. Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	Council on Aging Silicon Valley	615-3170 www.coasiliconvalley.com
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available two Wednesdays per month, by appointment Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	615-3170 www.sala.org
Notary Service Free service by appointment, Fridays 8:00-9:00am. Signer must be present and provide government issued identification. Services available to seniors age 50+	Volunteer	615-3170 www.santaclaraca.gov
Dining Out Nutritionally balanced lunch served weekdays 11:30am. Call one day ahead for reservations, \$2.50 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	615-3170

Additional resources for seniors are available online @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at (408) 615-2220.

Did You Know?

Do you have questions or need information regarding long term care? The California Advocates for Nursing Home Reform (CANHR) may be able to answer your questions. Among the services CANHR offers are nursing home guides, information about the different types of long term care facilities, assistance with Medi-cal and Medicare questions in regard to long term care, facility evaluation check-lists, legal information and assistance, elder abuse, and residence rights issues. Contact CANHR by calling 800/474-1116 or online at www.canhr.org.

Woodshop Orientation

February 8 & 22 • 9:30–11:30 a.m. • \$10

This orientation is intended to provide a basic introduction to the hand tools, power tools and machines available for use. It is an introduction to operational and safety procedures of the Senior Center's woodshop. New users will be shown where to find materials and equipment in the Woodshop. Set up procedures and clean up procedures will be reviewed with students as well. Woodshop Classes will be offered soon! Make sure you are ready and sign up for your orientation now!

Transitions Support Group

**Mondays 1pm - 2:30pm - Room 205
Course #44840**

A new 10-week session began on January 23 but you are still welcome to join. Moving through life transitions, there can be a sense of loss for what used to be, such as ending a career, retirement, losing a loved one, or the physical changes experienced as we age. After a loss, there can be significant emotions such as shock, anger, and guilt, and sometimes a feeling of sadness that seems as though it will never let up. All of these feelings can be frightening, overwhelming, and are a normal part of the grief process. This group will provide an avenue of support so you can access resources and eventually strengthen and enrich your life. Facilitated by supervised, pre-licensed therapists through partnership with Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships. Participation is free but space is limited and registration is required.

Free Tax Service

AARP Tax Aide volunteers will be here on Tuesdays and Thursdays starting Thursday, February 2, through Tuesday, April 17, 8:30-4:00, to help you with your Year 2011 Federal and State Income Tax Returns.

Please note: the volunteers are not trained to prepare tax forms that report business, rental, or partnership income.

Bring the following with you when you come for your appointment:

1. Valid photo identification and taxpayer identification number(s) (Social Security Number).
2. Birth dates of all individuals who appear on the return.
3. Bank routing numbers and an account number for direct deposit.
4. Copies of your Tax Returns and supporting documents you filed for Year 2010.
5. Your W-2 Forms from each employer for Year 2011.
6. Your 1099 G Forms for unemployment.
7. Your SA-1099 Forms for Social Security received in Year 2011.
8. All 1099 Forms (1099 INT, 1099 DIV, 1099-R, 1099 MISC) for interest, Dividends, Pensions, Annuity, IRA Distributions, and Miscellaneous Income received in Year 2011.
9. Your Cost Basis and Acquisition Date for the sale, or exchange, of Stocks, Bonds, etc., in Year 2011. Form 1099-B.
10. Your record of withholding and Estimated Tax payments for Year 2011. (Forms 1040-ES and 540 ESS).
11. Name and address of landlord to receive State Renter's credit.
12. If you plan to Itemize Deductions, please bring a consolidated list of your Year 2011 Medical Expenses, Contributions of cash or goods, Tax Payments, Home Mortgage Interest Payments, and Miscellaneous deductions.

Call the Center office at 408-615-3170 to make an appointment. Appointments are required.

HEALTH & WELLNESS, CARE MANAGEMENT

Help Your Heart

The American Heart Association has declared February Heart Month. While the topic of heart health is a year 'round concern, American Heart Month is a time when this issue is brought to the forefront by raising awareness of the disease. Heart disease is the leading cause of death for men and women in the U.S. It includes conditions affecting the heart, such as coronary heart disease, heart attack, congestive heart failure, and congenital heart disease. You can help prevent many types of heart disease by making some lifestyle changes, such as: quit smoking, control other health conditions (like high blood pressure, high cholesterol and diabetes), exercise, eat a low salt and low saturated fat diet, maintain a healthy weight, reduce stress, and practice good hygiene. Visit the Health & Wellness team to learn the facts about heart conditions and plan for your own heart health.

Winter/Spring 2012 Wellness Series

The Wellness Series is intended to be an hour overview of each class's topic, taught by Senior Center senior support services staff. Classes are held on Thursdays, 1pm – 2pm, in Room 149 (Ceramics). Registration is required and begins January 3rd. Classes are \$7 each; Santa Clara senior discount is \$5. Join us for some interesting discussion and up-to-date information:

Hypertension – Feb 9 Course #44366

High blood pressure increases your risk for other serious health problems. Small steps to improve your overall health can give you big benefits. This class is an overview of hypertension and what the numbers mean. *Instructor: Mallory von Kugelgen, RN, PHN.*

Get Out/Get Happy – Feb 23 Course #44367

"We don't stop playing because we're growing old; we grow old because we stop playing." (George Bernard Shaw) Discover how having fun and staying connected socially can improve your health. *Instructor: Mallory von Kugelgen, RN, PHN*

Falls Prevention – Mar 8 Course #44368

Although one out of every three people over the age of 65 experiences a fall in any given year, there is much that can be done to prevent those falls. Focus will be on the types of exercises and stretches that can aid in the prevention of falls. Dress comfortably. *Instructor: Renee Furtado, RTC, CTRS*

Housing and Levels of Care – Mar 22 Course #44369

Sometimes we need a little support to live our most independent lives. Learn about different housing options for seniors and the different "levels of care" available depending on your abilities, needs, and preferences. *Instructors: Mallory von Kugelgen, RN, PHN, and Susan Bates, Resource Specialist*

Making Your Wishes Known – April 12 Course #44370

Thinking and talking about the end of our life may be the hardest thing you'll ever do. Planning can make the experience easier for you and those who love you. We'll discuss making choices and cover the several forms of Advanced Health Care Directives. *Instructor: Mallory von Kugelgen, RN, PHN*

Blood Pressure Clinic

Thursdays 9:30–11:30 a.m.

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter Masters

2nd and Last Thursday of each month

10:30 a.m.–12:00 p.m.

Please join us for support and information.

A Few Good Men

Fridays • 12:30–2:00 p.m.

Need to get out of the house and enjoy the company of a few other good men? Join other men as they share some stories, explore the process of getting older and learn about their health.

Walk 'n' Talk

Wednesdays • 10:00–11:00 a.m.

Burn some calories and meet new friends on a self-paced walk around the block (3 laps = 1.2m). We leave the lobby at 10:00 a.m., walk, then join up again on the patio for some friendly conversation (or multi-purpose room if it's too hot). There is no fee; all are welcome.

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30–10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. We dance on one of the best wooden floors in Santa Clara. The building is air conditioned and coffee, water, and sweets are served during intermissions. Free dance lessons (Waltz, Fox Trot, Latin and more) are offered from 6:30–7:30 p.m. Admission to the dances is \$6 when live bands play and \$5 when hosted by a DJ. On the first Tuesday of each month a selected couple demonstrates a dance of their choice during intermission and then we all line dance to Elvira and the polka. Check our monthly newsletter or visit our website for the monthly calendar which lists the bands and DJs who will perform (www.santaclaraca.gov).

Dining Out

Served Monday-Friday • 11:30 a.m. • \$2.50 donation.

Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced, hot lunch. Menus, constructed by a registered dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as

meat or vegetarian salads, and sandwiches. Please make your reservation no later than 11:30 a.m., one day prior to the day you would like to eat so that a meal can be ordered for you. Services available to Santa Clara County seniors age 60+.

Drop-In Crafts

Thursdays • 1:00-3:00 p.m. • Santa Clara Senior Center

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Your interests may include basketry, crochet, embroidery, calligraphy, knitting, drawing, origami, quilting or scrapbooking. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Enjoy seeing what others are creating and share tips and ideas! Crafters are expected to bring their own materials, and to clean up after themselves. Please, do not bring in projects that produce strong fumes (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. Please check with the front desk for the room assignment each week. All seniors, age 50+, are welcome. Space is limited; first come, first served. Storage space is not available at the Senior Center. Engage your brain as well as your creativity.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying “on top your game”. Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:30 p.m.	Auditorium	Staff 615-3170	Welcome

Games, Games, Games

Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
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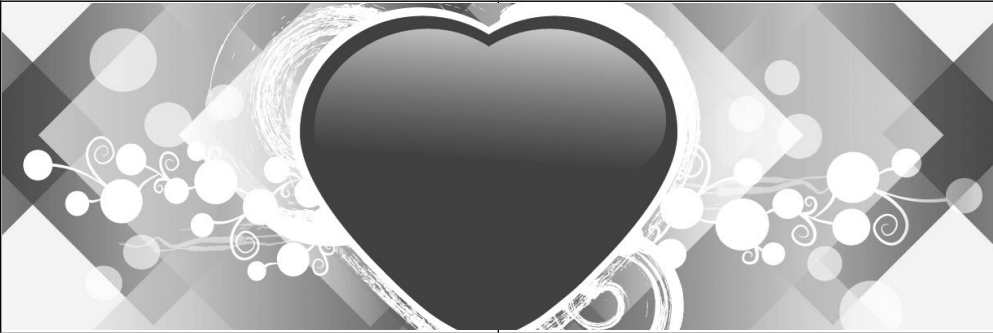

Card Games

Bridge, Intermediate	Mon, Wed	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta	Tue Sat	12:00-4:00 p.m. 9:00-11:30 a.m.	Rm 232 • Mezzanine	Staff 615-3170	Welcome
Pinochle	Tue	12:00-4:00 p.m.	Rm 232	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome

Active Games

Wii	Mon-Fri Sat	7:30 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome
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February 2012

MONDAY	TUESDAY	WEDNESDAY
		1 Computer Lab/ Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3
6 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Games, Games, Games 1-3	7 Computer Lab Closed Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 TGA Tuesday Dance 10th AVENUE BAND 7:30-10:30pm	8 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3
13 Computer Lab/ Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Games. Games, Games 1-3 TGA Tuesday Dance Colin Dickie, DJ • 7:30-10:30pm	14 GOLDEN GIRLS OF POP 9:00 Computer Lab Closed Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15  TGA Tuesday Dance NOB HILL SOUNDS VALENTINE'S THEME 7:30-10:30pm	15 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3
20 CENTER CLOSED PRESIDENT'S DAY HOLIDAY	21 PALM SPRINGS GETAWAY 8:00 Computer Lab Closed Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 TGA Tuesday Dance GERI FOLEY, DJ 7:30-10:30pm	22 LET'S TALK TRAVEL! 12:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3
27 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Games, Games, Games 1-3	28 Computer Lab Closed Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 TGA Tuesday Dance THE CASUALS 7:30-10:30pm	29 JACKSON RANCHERIA CASINO 7:30 Computer Lab Closed Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15

THURSDAY	FRIDAY	SATURDAY
2 Computer Lab Closed Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance GERI FOLEY, DJ 7:30-10:30pm	3 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	4 Snack Bar, Computer Lab, Billiards 9-11:30
9 WORLD OF STEINBECK 10:00 Clutter Masters 10:30-12 Computer Lab/ Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance THE CASUALS 7:30-10:30pm	10 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	11 Snack Bar, Computer Lab, Billiards 9-11:30
16 WELCOME NEWCOMERS! 10:30 Computer Lab Closed Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance 10th AVENUE BAND 7:30-10:30pm	17 CENTER CLOSED CITY FURLOUGH DAY DINING OUT SERVED	18 Snack Bar, Computer Lab, Billiards 9-11:30
23 Clutter Masters 10:30-12 Computer Lab Closed Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance NOB HILL SOUNDS 7:30-10:30pm	24 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	25 Snack Bar, Computer Lab, Billiards 9-11:30

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 2012				
DINING OUT RESERVATIONS (408) 615-3174				
Alternative Meal Feb 1-3: BBQ Chicken Salad w/Egg or Vegetarian Cottage Cheese Salad or Pastrami Sandwich or Vegetarian Patty Burger.				
<div>2/6</div> <div>Turkey a la King Biscuit Peas & Carrots Romaine Tossed Salad Fortified Juice Apple Crisp</div>	<div>2/7</div> <div> Baked Fish w/Dill Sauce Seasoned Brown Rice Calif. Blend Vegetables Escalloped Tomatoes Chilled Peaches</div>	<div>2/8</div> <div>Roast Beef w/Gravy Whipped Potatoes w/Gravy Spinach Tropical Fruit Cup Tapioca Pudding</div>	<div>2/9</div> <div> Roast Pork Sandwich w/BBQ Sc Hawaiian Carrots Marinated Green Bean Salad Fresh Orange</div>	<div>2/10</div> <div>Chile Colorado Spanish Rice Pinto Beans Tossed Green w/Red Cabbage w/Ranch Dressing Fresh Banana</div>
Alternative Meal Feb 6-10: Chinese Chicken Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger.				
<div>2/13</div> <div> Roisserie Style Chicken Rotini Noodles Capri Blend Vegetables Red & Green Slaw Orange Chocolate Pudding</div>	<div>2/14</div> <div> Roast Pork w/Gravy Scalloped Potatoes Broccoli & Cauliflower Fortified Juice Valentine 's Day Cherry Pie</div>	<div>2/15</div> <div> Roast Turkey w/Cranberry Sauce Candied Yams French Cut Green Beans Pineapple Mandarin Ambrosia</div>	<div>2/16</div> <div>Meatloaf w/Gravy Rye Bread Whipped Potatoes w/Gravy Spinach Fresh Fruit in Season</div>	<div>2/17</div> <div> Baked Fish w/Tartar Sauce Navy Bean Soup w/Ham Herbed Brown Rice Asian Blend Vegetables Country Coleslaw Fruited Gelatin</div>
Alternative Meal Feb 13-17: Chef Salad or Vegetarian Cottage Cheese Salad or Ham Sandwich or Vegetarian Patty Burger.				
<div>2/20</div> <div>HOLIDAY NO MEAL</div>	<div>2/21</div> <div> Honey Mustard Chicken Broccoli Cuts Carrot Raisin Salad Fresh Fruit in Season Oatmeal Cookie</div>	<div>2/22</div> <div> Baked Ham w/Fruit Glaze Rye Bread Oven Baked Red Potatoes Normandy Blend Vegetables Banana Peach Crisp</div>	<div>2/23</div> <div>Calif. Seafood Salad Minestrone Soup Mixed Greens & Tomato Confetti Bean Salad</div>	<div>2/24</div> <div> California Seafood Salad Minestrone Soup Mixed Greens & Tomato Confetti Bean Salad Fortified Juice Peanut Butter Cookie</div>
Alternative Meal Feb 20-24: Santa Fe Chicken Salad Or Vegetarian Bean Salad or Roast Beef Sandwich or Vegetarian Patty Burger.				
<div>2/27</div> <div>Veal w/Scaloppini Sauce Rotini Noodles Calif. Blend Vegetables Whole Kernel Corn Pears</div>	<div>2/28</div> <div> Roast Turkey w/Gravy Oven Baked Red Potatoes Mixed Vegetables Fresh Orange</div>	<div>2/29</div> <div> Stuffed Green Peppers Tuscan Bean Soup Italian Blend Cuts Romaine Tossed Salad Chilled Peaches Chocolate Cookie</div>		
Alternative Meal Feb 27-29: Chicken Pasta Salad or Vegetarian Cottage Cheese Salad or Ham Sandwich or Vegetarian Patty Burger.				

= Higher in sodium

ALWAYS HAPPENING

Lunch Meet

Third Thursday of Each Month • 12:30–1:30 pm
Conference Room (Room 205)

Does your house need some Tender Loving Care? Do you have repairs that have been put off? Where can you find the resources and the right people for the job? Join us as our topic for February's Lunch Meet Program will be the Neighborhood Conservation and Improvement Program (NCIP). This program is offered through the Housing and Community Services Division of the City of Santa Clara. All are welcome to attend. No registration is required. Bring your lunch if you like.

Santa Clara Women's League

2nd Tuesday of each month • 1:00 p.m.

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.

NEW! Basic Computer Skills

Wednesday, February 29, 2012 • 1:00 - 2:00 pm

Get comfortable using computers in this hands-on class. Learn to use a computer mouse, move around the web, and search effectively. If there is time, students will have practice with cut and paste, get tips on filling out online forms, and will learn about sign-ins, passwords, and computer security. Instructor: Mary Boyle, Santa Clara City Library staff

Register online (www.SantaClaraCA.gov) or in person at the Senior Center Front Desk.

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Dwight Collins, Arlyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecek, Donna Marencia, Alice Pivacek, and Chuck Roberts.

Meetings

4th Monday of each month-10:00 a.m. • Room 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov. You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Woodshop

Tuesdays and Thursdays • 8:00 a.m.–12:00 p.m.

Donations Accepted Residents \$3 • Non-Residents \$5

(Donations accepted are used to replenish consumable woodshop supplies) The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome.

Lapidary

Thursdays and Fridays • 9:00 a.m.–1:00 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate.

Welcome Newcomers

3rd Thursday of each month
10:30–11:30 a.m. • Rm 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. We'll share some history of the center, describe our role in the community, and let you in on the secret to our success. You will get to ask questions and we'll do our best to provide thoughtful answers; an escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary and the service is free of charge.

Billiards Tournaments

The tournaments will take place in the Billiards Room (#233). Prizes will be offered for the 1st place, 2nd place, and 3rd place winners. There will be a \$5 registration fee and \$3 resident discount. Participants will register at the Front Desk. Staff will create the player brackets.

The Billiards Tournaments will take place on the following dates below:

- April 18th Wednesday at 1:30pm
- August 24th Friday at 1:30pm
- December 12th Wednesday at 1:30pm

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

The Fitness Room and Natatorium are open

Monday–Friday 7:00 a.m.–4:30 p.m.

Saturday 9:00–11:30 a.m.

(Please check the schedule for when the Natatorium is closed for classes or cleaning)

Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the "Fitness Center Orientation Video." The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

The Senior Center is conducting a survey to determine the interest and participation levels regarding fitness programming. Surveys are available at the front desk and the fitness center. Your participation is appreciated.

Thank you to the seniors that have donated pool noodles to the senior center. We currently have an over abundance of noodles. Thank you for thinking of us, but no future donations are needed.

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from 81-84° F.

Warm Water Pool: Water temperature ranges from 90-94° F.

Spa: Water temperature ranges from 97-101° F.



Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:

Monday: 7:00 a.m.–1:30 p.m. • Wednesday & Friday: 7:00–10:00 a.m. and 11:00 a.m.–1:30 p.m. • Tuesday & Thursday: 3:00–4:30 p.m.

Lanes #2 and #3 are always designated for swimmers only.

Open Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00–11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00–11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

ADVENTURES TO GO

Adventures to Go...Carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, *Adventures to Go*, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly *Adventures to Go* newsletter with details for all our upcoming trips is available at the Senior Center or online at www.santaclara.ca.gov. Drop by the Senior Center or call (408) 615-3170 for registration information.

Senior Center Registration Form: Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Adventures to Go Participation Guidelines: For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

Trip Pick-Up/Drop-Off Area: Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please arrive at least 15 minutes before trip departure for check-in. Motor coach will leave promptly at time specified.

Gratuities: All trip fees include a modest gratuity for the driver of the motor coach and servers at hosted meals, where applicable. When you experience exceptional service, you may choose to tip an additional amount. City of Santa Clara employees and tour escorts cannot accept gratuities.

Day/Overnight Trips

World of Steinbeck, February 9

Golden Girls of Pop, February 14

Palm Springs Getaway, February 21-24

Marvelous Wonderettes, February 26

Jackson Rancheria Casino, February 29

Greystone & Oxbow Market, March 6

Whale Watching Expedition, March 14

Cirque duSoleil TOTEM, March 23

Filoli Gardens & San Mateo Historical Museum, March 29

Yosemite Getaway, April 29-May 1

New Trips

New trips will be released at Let's Talk Travel on January 25 and advertised in the February 2012 issue of the *Adventures To Go* Newsletter. Resident Registration will begin after Let's Talk Travel on that day and Non-resident Registration will begin on the following Monday. Beginning January 25, you may pick up a copy of the newsletter at the Senior Center or view it online at: www.santaclaraca.gov under Parks & Recreation and Senior Center.

The following trips were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.

World of Steinbeck

No. 44687 • Thursday, February 9 • \$97 per person

Activity level: MEDIUM – approx. 1 1/2 hour drive; periods of walking, standing, and sitting.

Welcome museum explorers, art lovers, readers, scholars and Steinbeckians to the Valley of the World in Steinbeck Country. In these times of in-depth reflection, we often require an awakening of the mind, body, and spirit, and that is just what is offered at the one and only place of its kind: the National Steinbeck Center, a cultural museum and archival resource center. John Steinbeck once said, "I have come to believe that a great teacher is a great artist and that there are as few as there are any other great artists. Teaching might even be the greatest of the arts since the medium is the human mind and spirit." In respect to these wise words, the National Steinbeck Center is indeed a source of knowledge to its community and visitors. The multi-sensory museum offers three distinct visitor experiences: the John Steinbeck Exhibition Hall presents a journey through the Nobel Prize-winning author's life and work; the Rabobank Agriculture Museum, which explores the roots of Salinas Valley agriculture through interactive displays, family stories and memorabilia; and changing galleries that host exhibitions of regional and national importance. Due to the highly interactive nature of this museum, self-guided touring is recommended. Before visiting the museum we'll experience John Steinbeck's birthplace and boyhood home, The Steinbeck House. We'll enjoy a docent talk and hosted lunch in the beautiful restored and maintained Queen Anne style Victorian home. **Bus leaves promptly at 10:00 AM and returns at approximately 6:00 PM.**

ADVENTURES TO GO

The following trips were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.

Whale Watching Expedition

No. 44698 • Wednesday, March 14 • \$140 per person

Activity level: MEDIUM – approx. 1 1/2 hour drive; periods of walking, standing, and sitting; wear non-slip shoes and be prepared for cold weather and rough waters.

Enjoy a 2 1/2-3 hour cruise with Princess Monterey Whale Watching, specializing in natural history and biology of marine wildlife for over 30 years! The cruise will be fully narrated by marine biologists/naturalists with many years of experience on the Monterey Bay. The vessels used are the two largest and most comfortable boats in the bay and are operated by licensed, experienced captains. Don't miss this unique opportunity to view the diverse inhabitants of the Monterey Bay that may include whales, dolphins, sharks, sea lions, seals, jellyfishes, sea turtles, and seabirds. We'll enjoy a hosted waterfront lunch at Bubba Gump's. All meals include entrée of your choice, Mama's Garlic Bread, Gump House Salad, chef's choice of dessert, and soda, coffee or tea.

Bus leaves promptly at 7:30 AM and returns at approximately 6:00 PM.

Filoli Gardens & San Mateo Historical Museum

No. 44699 • Thursday, March 29 • \$110 per person

Activity level: MEDIUM – approx. 1 1/2 hour drive; periods of walking, standing, and sitting.

We'll travel to Woodside for a docent led tour of the gardens at Filoli, recognized as one of the finest remaining country estates of the early 20th century and a historic site. There will also be free time while on the property. Enjoy a hosted lunch at The Van's on the Hill in Belmont, a historical landmark and local favorite since 1947, offering breathtaking views of the San Francisco Bay. Guests will choose their entrée upon arrival. Meal includes: mixed green salad, coffee and apple pie. In the afternoon we'll visit the San Mateo County Historical Museum in the Old County Courthouse for a docent led tour. There will also be time for a self-guided tour in this innovative museum that features interactive experiences and long-term exhibits where you can explore the county's rich and colorful history. *Bus leaves promptly at 9:15 AM and returns at approximately 5:00 PM.*

Let's Talk Travel!

February 22, 12:30 p.m.

Join us and *Let's Talk Travel!* We meet on the fourth Wednesday of each month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following *Let's Talk Travel*. Call (408) 615-3170 for more information.



Yosemite Getaway

No. 44700 • Sunday, April 29 – Tuesday, May 1

Per person: \$710 double occupancy • \$975 single occupancy

Activity level: MEDIUM – approx. 4 1/2 hour drive to Yosemite with a stop along the way.

Join us for a 3-day getaway to Yosemite National Park, California's National Treasure. You will be surrounded by nature at its best: a grand collection of waterfalls, beautiful meadows, and forests that include groves of Giant Sequoias. Price includes round-trip transportation on a deluxe Royal Coach motor coach, baggage handling, gratuities, a two-night stay at the Yosemite Lodge near Yosemite Falls, lunch at the Wawona Hotel, a Yosemite Valley Floor Tour, dinner at the Ahwahnee Hotel, and two breakfasts. Due to the strict reservation/cancellation policy at Yosemite Lodge, the full amount for the trip is due at time of registration. *Bus leaves promptly at 8:00 AM on Sunday and returns at approximately 6:00 PM on Tuesday.*

Let's Eat Healthy in 2012!

Beginning in January, in support of the Senior Centers focus on healthy eating, we will provide bottled water only for our Adventures To Go trips.

We encourage you to bring healthy snacks to keep up your energy while traveling.